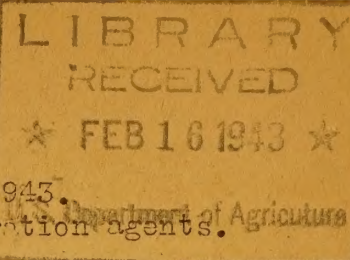


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United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.



Digest of Homemakers' Chats for week of January 4, 1943.
(To be mimeographed and distributed to home demonstration agents.
Not for broadcasting.)

Monday - Safety ways. In wartime everyone needs to keep fit for his part in the war effort. The housewife can help--know where accidents are likely to happen, what will prevent them. Insurance companies say more home accidents, chiefly falls, occur on the stairs than in other places. Safe stairs have a firm hand rail and are well lighted all the way. Loose boards or nails or steps have caused many falls. Keep in repair. Keep carpets mended. Brooms, dustpans, toys, any object left on stairs may cause a fall. Of rooms, the kitchen is most dangerous, center for both burns and falls. Many falls come from water or food--grease especially--spilled on the floor or from carelessness in reaching up to high shelves. Keep the floor clean and dry. Use a substantial kitchen stepladder when you get something off high places. A third of the deaths of children under 5 from home accidents come from burns and scalds. To prevent them in your kitchen, cook with handles of pots and pans turned to the back of the stove out of children's reach; don't use tipsy, badly balanced pans; be sure your stove stands level; teach children not to reach for things on stove or table. If you have a gas stove and young children around, better have safety catches put on all petcocks. Keep matches on a high shelf in noninflammable containers. If you should do deep-fat frying, keep young children out of the kitchen. The same rule holds good when using steam-pressure canner. Fat in the broiler pan is a fire hazard, too precious to let go up in smoke, also. Clothes are a possible fire hazard in the kitchen. Read about safe clothes in USDA Farmers' Bulletin 1905--Work Clothes for Women. Window curtains and other washable fabric articles are easily made fire-resistant by dipping in a solution of 7 ounces of borax and 3 ounces of boric acid to 2 quarts of hot water. Dip the cloth in, get it thoroughly wet, let it dry.

Tuesday - Question box. A homemaker who keeps the family accounts has trouble in keeping track of family funds spent by other members; and ask for suggestions. USDA home economists suggest a family conference and that everyone resolve to report money-transactions more promptly. The mother in a Colorado family working with the FSA adviser has a spindle or clip in every room in the house to receive bills or notes about money transactions. Before working on the record book, she collects all the slips. She has tacked a blank on the inside of the kitchen cupboard door where she enters amounts and price of home-raised foods as they are used.

A homemaker writes that the boys and girls of her large family use the one electric iron for pressing. She would like a Government bulletin to help impress on the children the need for careful handling. USDA has a new bulletin on "Making your ironing equipment last longer." Three cardinal rules in caring for an electric iron are: Don't overheat it....don't drop it...and don't put it in water. Turn off the current when you leave the iron, even for a short time.

A mother whose daughter has a hot lunch at school each day finds she often has about the same foods for the night meal. She wants to be sure the child has a balanced diet, asks how to avoid repetition of foods. USDA home economists reply that repetition may be monotonous but does not necessarily mean the diet is unbalanced. They suggest if repetition happens often that the mother try to get school-lunch menus in advance. Some schools send the menu list to mothers regularly.

Wednesday - Citrus fruits. Grapefruit, tangerines, and oranges are Victory Food Specials January 7 through 16. Eat them fresh to save tin for sending concentrated citrus juices to our armed forces and allies. All three fruits are rich in vitamin C—the vitamin the body cannot store, so everybody needs to get it every day. USDA marketing officials say in buying citrus fruits look for heavy fruit with a firm, smooth skin of fine texture. Surface scratches, russet spots, and discolorations do not affect the flavor. The Government allows oranges to be dipped in dye to give them a brighter outside color as long as the dye is a harmless vegetable dye and the fruit is stamped "color added" to keep you from expecting a deeper color inside. Tangerines have a short season, so eat them now. They're grand for peppering up salads and fruit cups.

Suggestions for serving grapefruit and oranges—Try broiled grapefruit. Sprinkle each grapefruit half with a little sugar or maple sirup or honey, a dash of cinnamon or mace or nutmeg, dot with bits of butter, and broil 10 to 15 minutes on the broiler rack 3 or 4 inches from the heat. Serve hot when the grapefruit halves are slightly browned and heated through. You can bake them in an oven at 400° F. for 15 minutes. For dessert, place a mound of orange, lemon, lime, or raspberry sherbet in the center of grapefruit halves. Or make an orange jelly and pour into the shells of oranges to jell. As a garnish for meat or poultry, peel and cut oranges crosswise in half-inch slices, brush with corn sirup or honey and broil 10 minutes. Place bits of currant or mint jelly in the center of the orange rings. Another tip, when baking a turkey or chicken, baste with fresh orange juice for a different flavor of both bird and gravy.

Thursday - Question box. How to thaw frozen pipes without aid of plumber? USDA engineers reply, always remember to work from the faucet back along the pipe. Never heat; thaw the middle of the pipe first, or it may burst. First, open the faucet so the water can run out as it thaws. If it is a waste or sewer pipe, work upward from the lower end. You'll need a pail under the pipe to catch water from an open waste pipe. One way to thaw a frozen pipe inside the house is to kip cloths in hot water and wrap around the frozen pipes. Repeat as the cloths cool. You can thaw a frozen trap or drain pipe more easily by first pouring into it some caustic soda or lye. Lye generates its own heat as you wet it. It is a dangerous substance to keep around the house, so be sure to mark the can of lye plainly as POISON and store on a high shelf out of reach of children or pets.

"The fabric is worn thin, but not quite through on the elbows of my husband's tweed suit. If I could mend it, the suit would last for some time." USDA clothing specialists suggest reinforcing the thin places by darning them to some supporting material—net or sateen—on the inside. You may have to open the sleeve lining to do this. Darn with threads pulled from some other part of the suit and follow the weave of the cloth as nearly as you can. Press under a damp cloth.

A homemaker whose children come home from school for lunch finds they are usually so rushed they eat too fast and often too little. How make sure they get enough nourishment? USDA home economists say choose dishes that concentrate a lot of nourishment—soup thick with meat or beans and vegetables, cheese, or peanut butter, or ground nuts added to bread or biscuit. Serve whole-wheat or enriched white bread and spread generously with butter or whatever spread you use. A dash of color makes food more interesting—a sprinkle of red paprika, a dash of brown cinnamon, or some shredded raw green cabbage, gratings of bright carrot, or minced parsley. Crisp and hard foods served with soft foods help—such as crisp, raw carrot sticks with soft-creamed eggs. Don't try to have too many foods. And have lunch ready on the dot so the children won't have to wait and grow impatient.

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United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

Digest of Homemakers' Chats for week of January 11, 1943.
(To be remimeographed and distributed to home demonstration agents. Not for broadcasting)

Monday - News notes. Wartime soap coming on the market this year may not give suds as fast as soap you have been used to. Coconut oil which cannot now be imported, has been the ingredient that made a soap lathering quickly. Domestic oils taking its place are cottonseed, soybean, flax, and peanut. USDA scientists say we should have no shortage of soap, as the supply of inedible tallow and grease is large and there is also the fat left after glycerin is extracted for explosives from the household fats women are collecting and turning in. Peanut oil, which is taking the place of palm and olive-oils too, has gained favor both as a cooking oil and a salad oil. Industry uses it for shaving lotions, cosmetics, dyes, axle grease, as well as for soap. An important medical use is in massage for victims of infantile paralysis. We shall probably eat more peanut butter this year because it is high in both protein and fat, helping out in meat and butter shortages. USDA has bought 206 million pounds of peanut butter for lend-lease needs. The school-lunch program fostered by USDA has an estimated use of about 9 million pounds of peanut butter a year, allowing one-half pound each for the children to be fed.

About wartime blankets--USDA textile scientists have been testing blankets made of three different mixtures:

(1) Good-quality new wool and poor-quality new wool; (2) good-quality new wool and wool reprocessed from knit goods; (3) good-quality new wool with mohair. No. 1 gave best service, No. 3 came next, and ranking third was the mixture of good new wool and reprocessed wool. A Government hospital was the testing place. The mixtures were tested every 2 weeks for 2 years, had hard use and from 48 to 60 launderings each. None of them was worn out at the end of the period. Reason for test--war has tightened up on supplies of wool.

Tuesday - Question box. "Can I wash a cotton chenille bedspread, and how?" As a rule, this type is marked washable and launders well if you take reasonable care. USDA textile experts advise washing in warm, sudsy water, then rinsing in warm water. Hang to dry outdoors if possible. When almost dry, shake well. To fluff the chenille, hang the spread over a line or lay it on a table and rub the chenille briskly with your palms or brush with a whisk broom.

"How to wash a girl's wool skirt?" Make sure the wool won't shrink when you wash it and that the color won't run. Test a small piece of the fabric first. Consider, too, the way the skirt is made. A bias-cut skirt may get out of shape and a pleated one may be difficult to press. Baste the bottom of pleats in before washing, to make pressing easier. Wash skirt by hand in lukewarm suds. Don't soak wool garments, don't use strong washing powder, and don't rub soap directly on fabric. Wringing tends to stretch wool garments out of shape. Squeeze out water of first washing, wash in another suds of same temperature, squeeze out suds again, and rinse in several changes of lukewarm water. Roll the skirt in a towel to squeeze out moisture. Take out of towel right away and dry in a warm place but not near a fire or in direct sunlight. Never let wool freeze. Steam-press while still damp, using two press cloths, one of wool over wrong side of skirt, and a dampened cotton or linen cloth over the wools. Don't iron back and forth, and don't press moisture completely out of wool.

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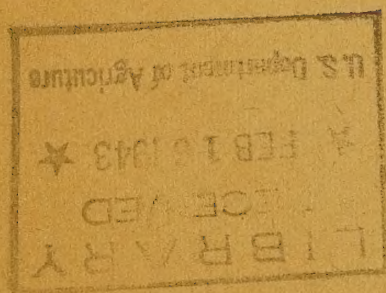
"How can I remove grease-stain from wall paper?" Try pressing clean blott-ing paper, paper towel, or cleansing tissue over the spot with an iron barely warm. If that does not remove grease, make a stiff paste of carbon tetrachloride and dry cornstarch, spread half an inch thick over the spot, and let dry. It will fall off, so spread a newspaper underneath. If some grease persists, repeat treatment.

Wednesday - Women in forestry. Women and girls are taking over forest jobs to pinch-hit for men in armed forces or war industry. In New Hampshire, women are working in a sawmill, sawing lumber from trees damaged in the 1938 hurri-cane. British women took up forest work some time ago. Timber estimating and log scaling are branches of work women are now doing here. Last spring, when Nebraska National Forest lost its CCC camp, women helped in Forest Service nursery and made up crews to finish planting of more than a million trees. In California last summer, women helped with care of guayule nursery beds. USDA Forest Service hand-les planting of the guayule shrubs, and plant scientists are doing the necessary research. California women have also taken special training for lookout and fire camp work. First class of 20 women trained at Lassen National Forest. Angeles National Forest employed 8 women for fire lookout duty last summer. In the nation-al forests, lookout towers must be manned constantly during the fire season. Last year, man-and-wife teams manned a number. Last fall 7 women were in a crew of 20 fire fighters who responded for emergency duty on a fire in the Custer National Forest, Montana. The crew worked 14 hours and managed to get under control what would have been considered a 40-man fire. In another National forest, 32 women took training courses as fire cooks, camp bosses, radio operators and timekeepers. Women also helped out at the Forest Service warehouse where they helped to pack fire tools, collected emergency rations, made pack bags for pack outfits, repaired tents and silk parachutes. Forest Service says the real test of volunteer forest fire-fighters' ability will come this year when the shortage of men will be more acute. Local defense councils in some rural areas are receiving applications to join the volunteer Forest Fire-Fighters' Service. In some States high-school stu-dents are planning to enroll for duty during the summer months and early fall. Girls will serve as clerks, drivers of light trucks, first-aid attendants, fire spotters from lookout stations.

Thursday - Question box. A writer has a garden 35 by 100 feet, wants to grow only vegetables high in food value. USDA bulletin, "Victory Gardens" has several planting tables worked out by USDA plant specialists. For a garden this size, lengthwise rows are suggested, spaced from 1 to 4 feet apart. Recommended for the middle and southern part of the country--Kentucky Wonder pole beans follow-ed by Purple Top Globe turnips; pole lima beans; tomatoes, early and midseason var-ieties; chard; beets; lettuce, followed by collards; turnips, cabbage, onions, rad-ishes, spinach, and carrots. Spinach might be followed by US No.5 Refugee beans. In a northern garden you can grow summer crops of vegetables that don't stand the summer heat--more peas, cabbage, lettuce, turnips, carrots, beets, and spinach. In a larger garden you would want such vegetables as squash, green peppers, parsnips, a little sweet corn, New Zealand spinach, and possibly some early and late potatoes. Don't buy more seed than you need to plant, and don't plant more seed than you need to get a stand.

A pruning question--When should we prune fruit trees and grapevines? Gener-ally speaking, in the dormant season, but wait until after severe freezing weather to prune fruit trees, or you may injure them. Write to USDA for free Farmers' Bul-letin on pruning fruit trees. "What makes stored potatoes taste sweet?" USDA potato specialists say they were stored where it was too cold. Sweet taste doesn't hurt the food value, but you can "bring back" potatoes by keeping them for a week

or two in 65° temperature. But don't keep them at this temperature too long. "Wh makes white potatoes turn dark in cooking." Potatoes cooked in hard water containing considerable alkali may have a greenish tinge. Potatoes may come out brownish or yellowish if cooked in an iron container. Boiled or steamed potatoes often look grey or black after standing. Cooking in milk or adding milk as soon as potatoes come off the stove helps to prevent this discoloration.



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UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
Washington, D.C.

Digest of Homemakers' for week of January 18, 1943.
(To be remimeographed and distributed to home demonstra-
tion agents. Not for broadcasting)

Monday - Pointers on Point Rationing. War Ration Book No. 2 has four pages of blue stamps and four of red. Blue will be used first, for certain processed foods: All canned and bottled fruits, fruit juices and combinations; all canned and bottled vegetables, vegetable juices and combinations; all dried and dehydrated fruits including prunes, raisins, apricots, peaches, apples, pears; all canned soups (meat and chicken soup included because all soups are interchangeable). The red stamps will be used later when meats go under point rationing. Each stamp has a letter to indicate the period of time it can be used--to be announced later. Each stamp also has a number to indicate how many points it is worth. Rationed foods will have point value as well as money value. Point value of different foods will depend on supply and demand; foods that are plentiful will have low point values. Processed foods that will not be under point rationing include: Dehydrated soups; dried or dehydrated vegetables, and supplies like dehydrated dog food; dry vegetables like beans, split peas and lentils; canned salmon or canned meat; jams jellies, marmalades, preserves, relishes, and pickles; evaporated milk. You do not have to declare any fruits and vegetables you canned or dried last year. But when you apply for your War Ration Book No. 2 you will report the commercially canned fruits and vegetables you have on hand and surrender stamps enough to cover their point value. When you buy groceries you can use the ration books of all members of your family, just as for sugar. If you have a maid or a boarder who eats in your home, you can also use the ration book of this extra person. The whole idea of point rationing is to see that all citizens get a fair share of foods on the market.

Tuesday - Question Box. "I understand peanut butter is high in food value and can take the place of meat. Please suggest ways of using it." USDA home economists say peanut butter does contain protein, but by itself is not so "efficient!" Try peanut-butter-cream soup. Start with a quart of thin white sauce cooked with a slice of onion for flavor. Add half a cup of peanut butter, blending gradually. Season to taste with salt and pepper. You can make tomato peanut-butter soup by using tomato juice as the liquid instead of milk. Another good use is in biscuits. If your recipe calls for 4 tablespoons of fat, use 2 of the fat and substitute 4 tablespoons of peanut butter for the other 2. Work the peanut butter into the flour with the other fat. You can substitute peanut butter for part of the fat in the same way in making butter cupcakes or cookies. Milk peanut-butter sauce is thickened with flour. Try it on boiled onions, potatoes, or rice, or use it in making scalloped vegetable dishes. It goes well poured over an omelet. For a new and different tang in baked apples, fill the cored apples with peanut butter and raisins, then bake.

"Could I make a skirt for myself out of a good pair of flannel sport trousers? Yes, USDA textile and clothing specialists say, it's quite easy. One specialist made a skirt with jumper top from a pair of sport trousers, placing the skirt pattern upside down on the sections of the trousers. If you would like to see how this skirt was cut, write USDA for a copy of the leaflet, "Make-overs from Men's Suits."

"Can I use an electric iron on a light socket on a drop cord?" USDA home economists say "No!" The light socket isn't built to carry the current necessary for an iron. Overloading the light socket may eventually break down the socket insulation and make it unsafe--you might cause a fire or give someone a shock if the insulation became worn out.

Wednesday - Vitamin A to the front. Vitamin A is nicknamed the "blackout" vitamin because it prevents night blindness. Persons with a serious lack of Vitamin A can't see well even in daylight. An example is that of a young man who cut out of his diet all dairy products and many vegetables. In a short time he began to suffer from a number of ailments, including eye troubles. Doctors diagnosed his case as vitamin-A deficiency brought on because his "reducing" diet had cut out most of the foods that are natural sources of vitamin A. Recovery was effected by adding butter, milk, carrots, and large doses of concentrated vitamin A to his diet. Animal foods are the only ones that give vitamin A in a form ready to be absorbed by the body, such as meat, fish liver, milk, butter, eggs. Vegetables and fruits have yellow pigments called carotene which change into vitamin A in the body. Halibut and shark-liver oils have vitamin A in its most concentrated form. To date, USDA has purchased over 3 million dollars worth of fish-liver oil for war use. As our armies move into regions where foods rich in vitamin A are hard to get, they will need more and more. For men on the battle fronts, manufacturers are putting vitamin A into convenient tablet or capsule form for direct use. Often other vitamins are added, making the so-called "multa vitamins" which are an important part of a soldier's equipment. Vitamin A is equally important on the home front. In England and other countries where foods containing vitamin A are scarce, fish-liver oil is combined with margarine so people will get the same amount of vitamin A they had from butter. Danish children during the last war are known to have suffered serious eye trouble when deprived of butter, but recovered when they were given it again. Sources are yellow and green vegetables, tomatoes, milk, butter, egg yolks, cheese, liver, fish roe, and parsley sprigs a few each day, will supply one-third of your daily requirements. Fruits that are good sources--apricots, yellow peaches, oranges, blackberries, prunes.

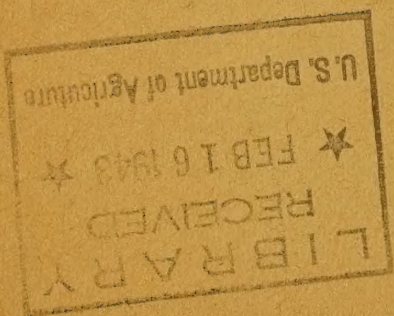
Thursday-Question box. Homemakers everywhere are trying to make their household goods and appliances last longer. One asks: "What is the best way to clean imitation-leather chair seats?" USDA textile specialists reply it's quite simple--first wash, either with a thick suds of mild soap or saddle soap, then wipe off with a damp cloth and let dry in an airy place.

Another writes: "The padding on my electric ironer has become uneven. Is there a way to renew it?" USDA home equipment specialists say--take off the muslin cover, then the padding. Be sure to check the way it fits on the roller or table. Fluff it up, reverse it, and put it back. The padding gets uneven when too many articles or thicknesses are put in at one point. Spread the work over the entire roller. Turn buttons, snaps, zippers, and other hard, bumpy things toward the padding, however, to avoid injuring the metal shoe. That's what the padding is for. To keep the padding clean, make an extra cover to use when one is being washed. Use the **original cover as a pattern.**

"How open a clogged sink drain without a plumber?" Use a simple rubber force cap ("the plumber's friend") for small obstructions. Let some water into the sink or fixture, place the cup over the drain, then work the wooden handle down and up with quick motions. If this doesn't help, you'll have to open the "S"-shaped waste trap under the sink. You will find two joints holding the curved section to the sink-drain pipe. Loosen the one nearest the sink a little and other one con-

pletely, so you can turn the curved section away from the rest of the pipe. Then pull out the obstruction with a long hook or wire. After recoupling the pipe, rinse with hot, soapy water.

"How about plowing the Victory garden now?" USDA plant scientists say, turn over your soil any time the ground is not hard-frozen. Winter plowing or spading helps break up land that has not been cultivated for several years. USDA advises against plowing up front lawns or parks to plant vegetables. Vacant lots and spacious back yards in towns and cities where only grass or weeds have been growing up to now --these are the places the garden specialists would be glad to see in use for food crops.



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United States Department Of Agriculture
EXTENSION SERVICE
Washington, D. C.

(Digest of Homemakers' Chats for week of January 25, 1943.
To be remimeographed and distributed to home demonstration agents. Not for broadcasting.)

Monday - Leather care. Leather is so valuable as a wartime material that the Government has taken a hand in conserving it for essential uses. The armed forces need shoes, belts, gloves, straps, and other apparel. Civilians must have shoes, and leather to repair shoes, also leather health articles such as braces and surgical supports. Last month the Government issued orders restricting goatskin and kidskin leather to military uses, civilian shoes, and health articles, and prohibited their use in nonessential articles such as women's handbags. To take care of leather articles, USDA chemists make some suggestions: Keep leather soft and pliable by oiling or polishing it. The kind of oil, grease, or wax you use depends on the kind of leather. Getting leather wet takes out some of the natural oil and leaves it hard, stiff, and dry. Mud is especially hard on leather. Protect your shoes against mud and rain. If they do get muddy, don't let the mud dry on. First, wash off all mud with warm but not hot water. While the leather is still wet, rub oil or grease into it. Stuff the shoes with soft, crumpled paper to hold them in shape and absorb moisture from the inside. Dry them where it is not too warm. Don't put on wet shoes--wet leather pulls out of shape and tears, cuts, and wears out easily. Lubricate leather to keep it soft, strong, and pliant. For street or "best" shoes, polishing with shoe polish is all that's needed unless they get wet. If they do get wet, rub with a little castor oil--it's the only kind you can put shoe polish over. Heavy shoes for farm work and gardening have to stand up under moisture and mud, day after day. Neat's-foot oil, castor oil, tallow, wool grease, or mixtures of these, slightly warm, should be put on the shoes with a soft cloth, then rubbed in thoroughly. Acids and alkalies--lime, used on fields, etc.--damage leather shoes and gloves. Immediate cleaning and greasing helps to preserve them.

Tuesday - Question box. A writer has overshoes that are part rubber and part cloth. Water often soaks through the cloth part. "Can it be waterproffed?" USDA textile specialists say soap and potash alum will make fabrics water-repellent. Make a solution of half an ounce of potash alum to a quart of water. Cover the cloth part of the overshoe with thick suds of pure mild soap, then quickly brush it over with the potash-alum solution. Wipe off any fluid on the rubber part with a damp cloth. Stuff the overshoes with crumpled paper and let dry thoroughly in a cool, airy place.

"How to fix a dripping water faucet?" USDA engineers say it probably needs a new washer. First shut off the water to the faucet. Unscrew the cap nut that holds the handle in place. Take hold of faucet handle and unscrew the stem from the body of faucet. Unscrew the screw at the bottom of the stem holding the old washer, remove the old washer, and replace with a new one. Put back the washer screw, screw the stem into the faucet and screw down the cap nut that holds the whole fixture together. Most people use composition washers in both hot- and cold-water faucets, but hard rubber washers will last longer on hot-water faucets. A questioner wants directions for making a noodle ring using left-over chicken. USDA home economists suggest that you cook a quarter pound of medium or fine noodles in 2 quarts boiling water, lightly salted, for about 20 minutes. Drain. Beat 2 eggs, add 1 cupful milk, season with 1 teaspoon of grated onion, 2 tablespoons melted fat, and 1/2 teaspoon salt. Grease a ring mold, arrange the drained noodles in it, add the egg-and-milk mixture, and bake in moderate oven (350°) surrounded

by water in a larger pan. Turn out of mold and fill with creamed chicken. Parsley, or paprika, adds color.

"What is the farm women's organization called the Family Front. Farm Security Administration says it is a program carried on in 11 States in the Northeast among the women in its "borrowed families. - It's just a kind of wartime pool of ideas--economy tips, easier ways to do wartime jobs, or other helpful ways to save money or time. The women give the ideas to their home supervisor who acts as a clearing house.

Wednesday - The wartime farm home. Reviews Extension Service Circular 395, National Summary of Inquiry Into Changes in the Work of Farm Women and Girls Caused by War Labor Shortages. Points discussed include problem of caring for young children when the homemaker works in the field or barnyard, keeping the house clean while the homemaker is doing farm work; and less time for preparing meals, laundering, and for canning and preserving. An example is given of the plan of members of home demonstration clubs in Erie County, who started the training of high-school girls to go into homes and help care for children. A uniform which the girls made themselves, and a special insignia, helped them feel they were making a definite contribution to the war effort. The uniforms were blue, similar to the uniform of a nurse's aide, and the insignia CCA (Child Care Aide) was red. Family teamwork and short cuts were suggested for the other problems.

Thursday - Question box. A writer thinks of planting soybeans in her garden; would like to know about food values and what varieties to plant. USDA garden experts say some of the desirable garden varieties are Agate, Hahto, Easycook, Rosusun, Funk Delicious, Hokkaido. USDA Leaflet 166, "Soybeans for the Table" has complete list of varieties and a lot of recipes. As to food values -- Fresh green soybeans are a fair source of vitamin A (the deeper the color the more vitamin A), a good source of thiamine, riboflavin, some niacin, and a little vitamin C. Either fresh or dry soybeans are good sources of calcium, phosphorous, and iron. Dry soybeans have considerably less vitamin A and little or no vitamin C. However, the sprouts from dry soybeans rate "good" in vitamin C. Soybeans are valuable sources of protein. Cooked soybeans rank topnotch in "efficient" protein. Soybeans also supply considerable fat.

"Wouldn't it be possible now to make nut butter from wild nuts for a spread, something like peanut butter? USDA home economists say most of our wild nuts have distinct flavors so, though a spread made from them would be good occasionally, it might pall on the appetite if used regularly. However, these nut spreads would be a nice change once in a while.

"I've tried baking winter squash but without success. The squash is full of liquid. What is the reason for this?" USDA home economists suggest perhaps the squash wasn't baked long enough to drive off the moisture in steam. Cut the squash in half before you bake it, or in serving-size pieces. Take out the seeds and stringy part, set in a shallow pan, flesh side up, season with salt and pepper, and put some fat in the hollow of each piece. Cover and bake in a moderate oven (350°) about an hour, or until tender. Uncover the pan toward the last to brown.

"How steam vegetables, and which are best steamed?" Next to baking "in their jackets," USDA home economists consider steaming the best way to cook many vegetables to save food value. Some vegetables that are particularly fine steamed are

~~carrots~~, squash, beets, parsnips, sweetpotatoes, and wax beans. If you haven't a steamer - and you probably can't buy one just now - you can steam vegetables by putting them in a strainer or colander set over another pan containing boiling water, then covering closely so the steam can do its work. The vegetables should not be down in the water but above it. If you cut up the vegetables they will steam faster, an advantage, as they should be cooked the shortest possible time.

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